



DATING THERAPY INSTADATE

FIND TRUE LOVE ON IPHONE IPAD



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DATING THERAPY

FAQ for <http://instadate.us/app>

I love instadate so much i want to share it with my friends and family, how do I do it?

You are entering the hallowed halls of spiritual mindful dating. If you consider your self sacred and love yourself, goto my profile press invite your lovely friends

I met my husband/boyfriend/girlfriend through instadate I am so thankful how do I share the story?

Send an email to getinstadate@gmail.com we will feature it on our well read blog of instadate community, write a 5 star review with your love story. We are very glad you are finding true love through instadate

I love instadate a lot but I would also like you/instadate to do this?

Send us an email we are working On a lot of things to help you find your perfect match

How do I get back some of the people I have said no to? I changed my mind

It happens and we thought so too and Yes you can change it in the settings here is how, go and allow app to show you people you have said no to

Instadate is awesome? How do you make it so?

It's magic

I love my Matches and so I would like to buy send some coins along with an invite to my friends How do I do it ?

That is very thoughtful of you, Yes we are working on it and love you but please send invites in the meantime

I love how you can search by neighborhood city state location and even miles ?

We use the best open source Gis software to make real time decisions and give you nearby matches, and we are getting precise by the minute

Why are the instadate coins so inexpensive ? I spend more on my night outs and come back home alone. I feel like I am getting a lot for a very little....

Yes we know we find your perfect match for so little we are working on making it perfect but feel free to show your support by sending a 5 star review, invite your friends , send support to Paypal getinstadate@gmail.com , throw instadate tupperware parties where you host your single friends and sign them up on instadate

Will I get push notifications when my matches are dangerously close and it's evening time in time for a date and if i don't have a date ?

Yes

How do you ensure I get a match tonight it's Friday and getting close to Valentines day and I don't want to be alone?

We will find the needle in the haystack your perfect match and send you one match per hour till you make that perfect date with your perfect match on that perfect Friday night... We will change the way you have your first second and third dates

Why did you start instadate ?

My sister got tired of the dates she found on match, harmony and zoosk , she took time off dating for a bit. So we took it upon ourselves to help her find her matches that are upto her finicky standards. Our quest is still on but needless to say she's having better dates... Thanks to instadate

Instadate is super fast and snappy? How?

We believe in Steve jobs and his philosophy of native clean ui. We don't use skeuomorphism and believe that form should follow function. We want to arm you with the best tools we can homebrew and then get out of the way to help you find that perfect valentine

How did you come with these 9 wonderful filters?

We went back to square one and said look how would we make your photos look really good? One of us is an avid photo enthusiast and loves taking good photos and in a photography class we got exposed to the magic of filters by a friend Gus, he always came up

with the best photos on his Facebook. So we said we want your photos to look as good as his and yes we think we nailed the 9 best filters to make you look your profile best.

Why can't I login with Facebook ? I want to bring my facebook friends to this great app too..

We are working on it so we can make it easier for you to find loved ones separated by one or 2 degrees from your closest friends

I want to also endorse a friend and leave a public testimonial?

Yes we are working on it and you can do it soon and we will factor this into match making and ranking people

I want to import my Facebook/okcupid profile info how do i do it?

We are working on it, stay tuned

I met my husband/boyfriend/girlfriend through instadate but I love instadate and the fast chat, how do I keep using it?

We are cooking up new ways you can use instadate, stay tuned

I saw my friend use Instadate on her iPhone 5, but I have an android/Windows Phone, how do I use instadate on my phone?

Thanks for this, we are working on helping you find your match on the Android and the windows phone platforms as well, please stay tuned

What is the dating therapy in instadate?

We wanted to make dating simpler and better for our loving customers but we found that they were also able to make meaningful connections. Our happy users have convinced us that we have made a fundamental change in the way they perceive and explore online dating that it has become dating therapy, that you can do during a 5 minutes lunch break or 10 minute shopping break

I feel awful from a breakup recently how do i get my life back?

Try and close all the loose ends so you can start your new relationship with a clean state. Invest in your Instadate™ profile and get at least 3 face photos and a few friend endorsements. Find a good match date on instadate.



By loving yourself, you take the need out of dating. You are happy and fulfilled on your own.

SPIRITUAL DATING: A NEW FRONTIER

How many dates have you been on that have amounted to nothing? If you are like many people, it is probably a lot. While going out may often seem like a waste of time and energy, that little voice inside is likely telling you to persevere in order to find someone worth meeting.

Enter spiritual dating — the solution for busy women (and men). Spiritual dating is the answer if you are looking for a new paradigm to create more self-love in your life, which is the key.

In this case, spiritual does not necessarily mean religious. It means conscious and mindful. Maybe you enjoy yoga, like to help the envi-

ronment or are interested in exploring different forms of spirituality such as Taoism, Buddhism or Unitarianism. Regardless, you are looking for real depth in a relationship.

To become a spiritual dater, practice the following:

Cultivate self-love. Self-love is the key to a satisfying love life. Choose yourself first, and you will attract the best dates and have the most fun.

Take the need out of dating by loving yourself. If you are happy and fulfilled on your own, a great date or relationship is the icing on the cake. On those first dates or at the beginning of a relationship, that

air of self-reliance and a bit of mystery will make you very compelling. We all appreciate those who are content with themselves and emotionally healthy. The goal of spiritual dating is to enhance each other's fulfilled life.

Consider yourself sacred. Learn how to feel sacred, which means that you are precious and a treasure of true beauty. This level of internal self-acceptance creates feelings of emotional safety and is crucial for finding a soul mate with whom you can enjoy an emotionally mature partnership.

Consider your date to be sacred, as well. If you cannot see your date as sacred, then he is not right for you. You will create a pleasurable, loving relationship by remembering this.

Make sure your date sees himself as sacred. You can usually figure this out by date number three. Be observant and notice how he talks about himself. Does he engage in negative self-talk or exhibit self-destructive behaviors? If he does and if you are a spiritual dater, skip him. Your time is too valuable.

Ask yourself if your date sees you as sacred. Notice his behavior toward you. Does he engage emotionally in an authentic and kind way that feels right? Or simply ask him. If he is not on board with mutual sacredness, you will save time and energy by seeking a different guy.

Pay attention to how he treats you. Does he open doors? Is he fully present and really listening? Does he treat you with complete respect? These are the starting points to determine if he sees you both as sacred. Listen to your intuition — you will be able to sense the vibe quickly and easily.

Spiritual dating is about feeling satisfied and enthusiastic when meeting new people. Date on your terms. Do not settle for less than the sacred, emotionally safe love life you deserve.

Once you have cultivated self-love and have recognized your sacredness, you are ready to invest some time in dating. Choose to take it slowly at first.

When you find the man who fits these criteria, start spiritual dating. Get to know each other. Give yourselves time to connect before jumping into the land of intimacy and hormones. Those lust chemicals can make an OK guy seem like a sensitive Adonis. Keep a clear head and evaluate your compatibility.

At the same time, make sure you have fun, you click with each other and that an exciting chemistry is brewing. Inquire about his plans for the future and compare them to yours. Are they compatible? Create a brand new paradigm in your love life. You can do it.



Love, like a river, will cut a new path
whenever it meets an obstacle.

SMART TIPS FOR ONLINE DATING

1. Brand the REAL version of you

Authenticity is very important when you build any relationship. And there's nothing that stinks more than when people are trying to be something they're not. Be the real you! People I like and follow have one thing in common they're the real them at all times. As a matter of fact it's their challenges that's make their audience love them even more.

2. Don't be a cliché

Cliché in the online dating world involves shirtless bathroom pics in the mirror. Please stop doing that people. Seriously, how are you being a cliché in your niche. Are you using the same catch phrases that all your competitors use? We all do it sometimes but the more innovative you can be in your field the more you will build a following. Not to mention why should I go to your site and read your content when I can get the same thing elsewhere?

3. Nobody likes a troll

It's a fact that you won't click with everyone in the dating world, but there's no need to be a troll about it. One person sent me an extremely long message detailing their hatred for Elizabeth Gilbert, author of *Eat, Pray, Love* since that book was listed in my favorite books section. I tried to be nice about it but then after the third message I realized this person had an issue that had nothing to do with me. Same thing with social media, you may see something you don't agree, no need to put yourself on the troll-dar (troll radar) for it. Learn to walk away and let others have their own opinions. There's no need to get into an online fight about it.

4. Have a plan

An online dating plan anyone? Yes, it matters. Same thing with social media. Nothing is haphazard. Tweeting is not a plan, it's a verb. If you don't have a plan with social media you will find yourself completely doing a variety of things that yield little to no results.

5. Spreading yourself too thin won't get you far

A dating doubleheader or triple header (dating back-to-back) can be overwhelming in one weekend but talk about one day. Scheduling multiple dates in one day makes it hard to be in the moment and

get to know the person in front of you. The same way if you're on every social media site on planet Earth it can easily spell disaster unless, that is you have an awesome social media team. But seriously, regardless of if you have a team or not it's best to take your time and get to know Twitter, Facebook, and YouTube and then you can slowly and surely add more to your social roster.

6. Are you a womp womp?

Yes, this is an actual dating term. A womp womp is someone who kills the mood every time. They don't have personality or interests. No one wants to date a womp womp, let alone follow or fan one on Twitter or Facebook. A sure way to not be a womp womp? Get a life, get a hobby, and get some friends. Life happens offline, so it's important to keep having experiences that takes you away from behind your computer. If not when you actually meet people the only conversation that will be going on is the white noise in the room.

7. Make blink decisions and don't look back

I can attest to not following my blink decisions and boy do I wish I did. Bottom line you must trust yourself in your personal life and in business. There are so many opportunities available to connect, buy products, form alliances with folks over social media. Don't forget to check in with yourself to see if it's in alignment with who you truly are and what your values are. If it's not keep on moving, there

are always opportunities elsewhere. There is never a good reason to settle.

8. Don't be a cyberstalker

I have a friend who had an online dating cyberstalker. Even though she had politely told him she wasn't interested, this person proceeded to find her on every single dating site she was registered with. Creepy! In social media we get that too. We all know you're a fan of "so and so" and if "so and so" mentioned you in a tweet it would totally make your day and flood your business with new clients. But guess what? "So and so" is a person and constantly sending messages on all the social media sites from the same person even though they're not answering is cyberstalking. Influencers are busy and they are not obligated to answer you or me. So be courteous in your approach. As a matter of fact, come at it from the perspective of what you can do for them opposed to what they can do for you.

9. Beware of TMI

Telling a person on your first date that your ex was institutionalized and subsequently led to you voluntarily becoming homeless is really TMI. Yes, that's a true story. Face it, on the first date you are still strangers. It's about having a no pressure good time. Same thing goes for social media but times it by a million. I understand how so-

cial media makes it so easy to share things. It seems like this intimate experience but actually it's being broadcasted all over the internet. Just remember that it will be documented forever. Yes, show who you are but know when to put the brakes on.

10. Seeking outside help makes you smart

There are dating coaches, relationship experts, find your soulmate classes. Just like it's okay to seek help when navigating the dating world it's not only okay to seek help with social media, it's smart. Find a consultant or coach and learn the ins and out, or hire someone to do it for you. The investment that you'll make in a program and consulting service (the good ones at least) outweighs the cost. If you apply what you learn, you will reap the benefits of your investment 100 fold.

11. A virtual relationship is just the beginning

Some people say that a virtual relationship is not a real relationship. I can understand that because a virtual relationship is only the beginning. The only way to deepen any relationship is to meet in person. If you are serious about online relationship building then you will know a large component of it takes place off line. Find ways where you can connect with the people you follow in real life. Whether it's a Skype call, meeting for coffee, attending an event it will help solidify your relationship.



If he cooks for you he is into you

5 SURE SIGNS HE IS INTO YOU

Dating and mating are SO much work sometimes! The guesswork of whether or not the guy you're crushing on is crushing on you back can leave you spiraling around, second-guessing his every interaction, trying to understand if he's actually into you.

Well, ladies, I'm here to help.

Here are some sure signs (from actual guys) that he's into you.

He bothers to call. I don't know how many times I sat by my phone (well before I had a cell phone), just waiting for the guy I was certain was in love with me to call. He didn't. I don't know how many excuses I made for him. And the next one. And the next one. They all

had a "reason" in my head that they didn't call. You know what? That's bullshit. Any guy who wants to call you will call you. End of story.

He wants you to meet other people in his life. Maybe it's his friends. His roommate. His boss. His coworkers. His dog. Everyone. If he wants you to meet everyone from his mom to the guy who works at the convenience store below his apartment, he digs you.

He remembers all the quirky little things you say. When you hang out, he recalls that this one time you said you loved George Michael,

and makes mention of it. Paying attention to small details like that is something dudes do when they like you.

He's looking at you -- a lot. You catch him looking at you. Watching you from across the room. Seeing the way you brush your hair from your forehead. He keeps his eyes on you. A guy who digs you wants to watch what you do, all the time.

He does things your way. It's your favorite diner. Your favorite coffee. Your favorite music on the stereo. If he's paying attention, he knows how you like things done and makes sure to do them that way.



Be fun

5 WAYS TO GET HIM TO COMMIT

The best way to get a man to commit isn't by pleading your case and making ultimatums, it's by being the kind of woman who doesn't need him. Suddenly, he'll want to be with you. Sound easier said than done? Not really! Check it out.

1. Associate yourself with fun.

Be the kind of girl he wants to hang out with, not someone who is only out to get something from him. Bring more to the table than you want to take away, make it your mission to make him laugh and he'll begin to associate you with his increased happiness.

When you chill out and stop worrying about where you stand, and instead focus on enjoying the time you have together, he'll start having so much fun that he wants to do it again, and again, and again — as long as you both shall live.

2. Stick to your standards.

If the guy you've been dating repeatedly flakes on plans, flirts with other women in your presence, or displays any other shady behavior, walk away. Some men like to push their boundaries and if they see that you'll accept their subpar treatment, there stops being any

reason for them to treat you better. [How To Rock The Hell Out Of Being Single \[EXPERT\]](#)

When you stand up and say "No more" all of a sudden he realizes what he's about to lose you, and he probably won't like it. It just might be the wake-up call that he needs.

3. Don't sleep with him.

This might sound like your grandma's advice, and we do feel a bit archaic writing this down ... but just hear us out. When you take the prospect of sex off the table, a guy is left with the choice to walk away or stick it out.

Where he would usually be all caught up with trying to get into your pants, now he is able to use that extra time and energy to get to know you as a person. Novel idea!

4. Hang-out with your male bffs.

When you tell the guy you're seeing that you can't go watch his hockey game because you're having lunch with your amazing, successful, single friend Tom, he's bound to not be too pleased about it. [10 Fun Facts About Online Dating \[EXPERT\]](#)

[More from YourTango: Man Charged With Eavesdropping On Estranged Wife's Sex Life](#)

Most men don't believe that male and females can be friends, simply because they know straight up how men use friendships as a means to get laid. If he cares about you, he'll definitely be threatened and might be motivated to lock it down before Tom has a chance.

5. Do your thing.



If last night was a mistake, then I'll be fine being wrong all the time...

TOP 10 DATING MISTAKES

1. Game playing:

This strategy is usually employed for one of two reasons. The first is to protect one's ego. When it comes to dating, everyone, on some level, fears rejection. Playing it cool and not getting too involved may make you feel safe, but you risk coming across as aloof or remote, and may turn the other person off. Balance between demonstrating interest and maintaining your composure is best. Another reason people play games is to get something you want that you wouldn't likely get if you played it straight. For example, telling someone you love him or her so they will sleep with you, and then not calling them

again. This form of manipulation is simply unacceptable (to put it mildly), and does not lead to healthy relationships. You will get further in less time in finding a relationship if you allow yourself to be genuine. It's OK to put your best foot forward, and also to be a bit cautious, but have the courage to be upfront and show who you are.

2. Talking too much about your ex:

While this information will eventually be shared at least to some extent, it shouldn't be discussed in detail during the initial phase of a relationship. You want to get to know the person and each have a chance for a fresh start. Carrying old baggage into a new relationship amounts to clutter. If you have baggage, then best to work it out

in individual therapy before pursuing a new relationship, at least to a point where it isn't affecting your reactions and clouding your judgment.

3. Fantasizing about the future:

While men are typically (not always) the masters of game playing, women have this one down pat. When you catch yourself trying on his last name before the third date, it's time to remind yourself to slow down. In the first 3-6 months of a relationship, you are likely running on oxytocin, which is a chemical found in chocolate. It creates the sense of well-being and euphoria that comes with "falling in love." This might as well be dubbed the period of temporary insanity, because you are not in command of all your faculties; your brain is hijacked by those lovely chemicals, interfering with your ability to think clearly. Until you have time to really get to know someone, and see him or her in a wide range of situations, it is helpful to not get ahead of yourself; don't strongly attach to some illusion that you have created about the person. This can lead to pitfalls of setting up unrealistic expectations and subsequent disillusionment, or depression if the relationship doesn't work out.

4. Obsessing over details:

This one is common with those who worry. The worry may be a general habit, but now it is turned on the subject of the relationship: worry about what the other person said, worry about what they meant by it, worry about how you reacted, worry about the relationship not working out, worry about what if it does work out, how will your parents react...on and on. Being anxious is a mood killer, and will not make you attractive to a potential mate. But don't go worrying about that! Try to tap into your self-confidence and trust that if the relationship is meant to work out, it will.

5. Ignoring red flags:

If someone doesn't show up when you're supposed to meet, that's a red flag. If they don't let you call them at home, yep, red flag. If they kick their dog, bingo, red flag. Of course, there are more subtle warnings that one may be tempted to overlook, especially if one is eager for the relationship to work out. While one shouldn't jump to conclusions without sufficient evidence on the first problem that arises, an emerging pattern is not something to make excuses for or brush under the rug. Address these problems early, and don't waste your time.

6. Interrogating your date:

"How many children do you want" is not a good opening sentence. You want to show interest by asking about their likes or dislikes, but not press someone for information. Let things evolve a bit, as you get to know someone. Patience and restraint are required here, even though you may feel pressed for time. Do your best to relax and have fun.

7. Avoidance of intimacy:

While this one is traditionally men's domain, women are quickly catching up in the fear of commitment zone. Modern society imposes so many requirements and expectations on what makes for a "good catch," and that makes it hard to sort through whether someone would be a good choice for us. We don't want to "settle," and the quest for the perfect mate can cause us to overlook or undervalue a truly good partner. Alternatively, we might be so fearful of getting hurt, betrayed or rejected, that we exit stage left just as the play gets going. If fear of commitment is an obstacle, better to work out your patterns (or schemas) in therapy than in your relationships.

8. Rush in, rush out:

Are you reckless in love? Do you plunge into the deep end, only to find that the water is way too cold? Then this one's for you. Getting overly involved too soon is a big red flag. If you do it, then you need to pace yourself, and be more considerate of the other person, who you are probably leading on. If you fall for those who do it, then you need to slow things down and not get taken for a ride (or pursue a different type!).

9. Not being honest about your needs:

Pretending everything is OK can work for only so long. Assertiveness is a golden skill for those who are ready for a mature relationship. Unless you can ascertain and directly communicate your needs (by being clear and specific), then you are basically operating on a child level. While many people get by this way, it is not very effective, and puts you at a disadvantage when you are trying to get your needs met. Assertiveness is not to be confused with being bossy or demanding. Being tactful and direct is the quickest path to relationship success.

10. Sacrificing too much to get the relationship:

If you find that you are doing things you would not otherwise do to get someone's attention, like bending over backwards and injuring your spine in the process, then you are entering the land of the doormats. Often people tend to do this if there is a problem with low self-esteem. Valuing yourself enough to put your needs on the table as well as the other person's is key in establishing balance and harmony. A healthy relationship is one between two equals, both giving and receiving in reciprocal fashion.



"You can't buy love, but you can pay heavily for it."- Henny Youngman

THE 6 BEST PIECES OF DATING ADVICE YOUR DAD NEVER GAVE YOU

My dad taught me how to play catch. He also passed on to me a love of reading and good music. I'd say he's been a solid advice giver throughout the years, but one subject he never touched on--or went near--was dating. So, I spoke to some dads who shared their essential dating advice for all daughters. Here's the best dating advice your dad never gave you:

Aww, remember the days?

1. Men communicate differently. Fledgling daters and those of us who've been to the circus many times before might be well aware

that many men, regardless of age, education, social class, ethnicity and religion, just have a different way of communicating. Women generally like to talk things out, to the bottom of a situation or problem. Men will often take a less communicative approach. Whether their intents are good or bad, they just aren't as comfortable diving in to the wild waters of talking about feelings, so they stay on the shore and build sandcastles to impress us instead.

2. Ignore everything a man says and pay attention only to what he does.

If you've never seen Dr. Randy Pausch's "Last Lecture," it's a heartstring-tugging call to start living your life from a man whose

own life was ending. He passed away in 2008, but his teachings and spirit endure. When it came to dating and men, his message to all women was simple: "Just ignore everything they say and only pay attention to what they do."

I can't tell you how many times I've made excuses for the men I've dated. "Maybe he was caught in a meeting and couldn't call me back...for 13 hours?" "He yells at me all the time, but that's because I know how to push his buttons." These excuses oftentimes come at the expense of your own sanity, however. The bottom line is that a man will show you if he is worthy of dating you by his actions, and to date someone who continually displays that he's "too [insert excuse adjective here]" to be good to you, is to do yourself a huge disservice. Which leads us to dad wisdom number 3.

3. Never settle.

Almost all of the dads I interviewed said "Don't settle" in some way. One dad touchingly added: "There is a man out there who loves who you are, and how you look, every minute of the day." Being single can be a gloriously freeing and liberating experience, but sometimes, it really sucks. This is especially true when being assaulted by comments from Nonna like, "Why you no have a boyfriend? I was married with two kids at your age!" (Thanks, Grandma!) Patience is a virtue that's hard to come by, but our dads would ache to see us lowering our standards for the sake of companionship for companionship's sake.

4. "You will never change a man so don't try."

In line with not settling is not kidding yourself. I've entered into more than one relationship with the unspoken hope that "maybe I'll be a good influence and he'll stop drinking so much," or "he's so high strung, maybe I'll mellow him out a bit." Didn't happen. If you're not

OK with the guy's behavior, activities, attitude, family values, religion, etc. at first, the likelihood of him changing any of the above for you down the line is slim.

5. You don't have to introduce every guy you date to your dad.

One of the dads I spoke with said, "Quit introducing me to these guys if you're going to break up with them." And many of the dads I spoke with said that for the most part, they really do like the guys we've brought home. Families get attached when we introduce a new man into our lives, and if your dad has welcomed a man into his family, it's almost as hard for him as it is for you to let him go if and when you two break up. Remember: He might be a great guy to bring home to dad, but if he's not the right guy for you, that doesn't matter.

6. "What others may want for free, I'll work for your love."

Our last piece of Dad Wisdom comes straight from the Boss. Bruce Springsteen wrote the song "I'll Work For Your Love," a few years ago. He might not have been thinking of the standards his teenage daughter should set for the guys she dates, but the song is an ode to the kind of love every girl deserves. I think he's saying that romance, more than gifts of flowers or jewelry or fancy dinners, is best displayed by the man who shows you he loves you by being there for you--by supporting you, by being reliable, by going out of his way for you--by actually loving you.

These tips won't save you from all dating missteps, but the best we can do is try to learn from each experience we have. I must admit, I wrote this for myself as much as I wrote it for you guys. We all know how we should and want to be treated, but sometimes it helps to hear it from a dad.



I never hate you for not loving me anymore but I hate myself for still loving you.

BREAK UP ADVICE: TOP 10 WAYS TO RECOVER FROM A BREAK-UP

Break-ups seem to be, unfortunately a normal part of the modern day life. Healing from relationship break-ups and divorce are a difficult task at best. Some people never completely recover, carrying with them the pain of the break up through life. Others become immobilized from the fear of getting close to a partner again. Even celebrities have break-ups; Brad Pitt and Jennifer Aniston to be said the most famous one.

Some women try to speed up their recovery time by replacing the void with another man or woman immediately. According to a poll of over 8,000 women conducted by WomanSavers.com, over 57% of women have thought of having a same sex affair. Jumping into an-

other relationship without proper healing time is one of the worst things you can do. Women who are guilty of this frequently suffer from codependence and have never learned how to be happy alone. However, until a woman learns how to be happy on her own, she can never be happy with a man or woman.

1. Allow yourself plenty of healing time. Different people heal at different rates so be patient with yourself. It's okay to grieve and cry, just make sure you make an effort to not use this as an excuse for being a hermit many months later.

2. Stay busy. Don't allow yourself any 'daydreaming' time. If you have time for a part time job, get one. If you don't want a job, take up some volunteer work. Take up a hobby. Focus on anything you enjoy.

3. Exercise and improve your diet. Besides giving you a positive endorphin rush, joining a gym can put you into social circumstances. Through exercising and improving your diet, you'll not only be taking care of your body and your health, you'll improve your self-esteem as well.

4. Make an effort to meet new people. Join a club, take a class, volunteer, go the park, attend a concert. Allow these larger social groups to replace the connections you had with your lover for a while. Take action and just do it.

5. Seek professional therapy. There is no shame in seeking outside help. If you can't afford therapy, seek out a support from a relationship recovery message board.

6. Surround yourself with as many family and friends as possible. If your relationship with your friends and family suffered because of the huge amount of time you spent with your sweetheart, now is the time to patch up old relationships.

7. Focus on yourself. Much of your energy went into your relationship and now you have time to pamper yourself. Take those long baths you never had time for, read that saucy novel that has dust on it, so now is the time to work on yourself.

8. Strengthen your spiritual side. Go to church, learn from a yogi, or pray. It's amazing how these things can help re-center you.

9. Give advice to other women who have it much worse than you. It will put things in perspective and allow you to stop feeling sorry for yourself. There are lots of people with problems far worse than yours. Help them.

10. Adopt a pet. Studies show that people with pets are overall happier and live longer. Go to your local animal shelter and adopt a pet in need. Just make sure you have the time to take care of your new friend properly.



It's because of all the uncertainty. The rampant, horrible, delicious uncertainty.

WHY DATING IS A PATH TO SPIRITUAL ENLIGHTENMENT.

After nearly nine years in the world of relationships, I have arrived on some incredibly fertile ground for spiritual evolution and self-development:

Dating.

Just a few years shy of true fulfilment (insert sexy meow), this is the first time that I've had any real consciousness about "dating," per se. In my twenties, relationships just sort of happened on the sidelines of my career pursuits. I'd wake from the heady, self-involved cloud of my ambition and notice the person beside me: "Oh, you're here!" I'd say delightedly. "Marvelous!"

These relationships have been conduits for evolution and growth, no doubt. In a relationship, we have the opportunity to brush into our most tender places, confront our nastiest habits and—when we're conscious—move beyond stale patterns and create new dynamics that better serve our vision for who we want to be.

Or perhaps we don't, the relationship ends, and afterwards we smack our foreheads and say, "Oh. That's what that was. Well.."

But don't despair, singletons. While relationships can be profound forums for self-work, dating is shaping up to be a pretty potent cauldron for spiritual fermentation.

It's because of all the uncertainty. The rampant, horrible, delicious uncertainty.

Whenever we meet someone, some deep part of our psyche perks up and says, "I don't know why, but this person that I just met is incredibly important and they could be the absolute key to my happiness and well-being for the rest of my life." The endorphins kick in, the toes start to tingle and pretty soon we've imagined the relationship, the marriage, the kids and the divorce before the second date.

Because our mind is so uncomfortable existing in a state of uncertainty, it will restlessly ruminate and pick over the smallest scraps of information. Like:

Why did he text and not call? or Why did he email and not text? or Why did/didn't he pay the bill?!, etc.

Or perhaps we're on the other end of the spectrum and the self-protective part of the brain kicks in and puts a big Do Not Enter sign over our hearts. Being bruised before, we withdraw, shut down and lie in wait for someone who won't feel quite as 'dangerous.' The uncertainty factor—not knowing if we can trust this new person—prompts us to find ways to undermine the relationship before it has even started. Regardless of whichever end of the spectrum we find ourselves in or relate to, we can benefit from:

Four Practices for Spiritual Dating:

1. Admit we don't know.

In the ground between these two extremes lies an opportunity to rest in the uncertainty of the situation and come back to our deepest selves, where we can observe the exuberant chattering of the mind rather than trying to control the situation. (Yoga is the restraint of the

fluctuations of the mind/Yogascittavrtti nirodhah from Patanjali's Yoga Sutras). When our mind starts telling stories, we can catch on, come back to the present moment and find an internal steadiness that can easily withstand the tempestuous winds of external uncertainty.

2. Feel more.

Dating can bring up some intense feelings. Use these sensations to become more deeply connected to yourself and the present moment—without attaching a story or narrative to them.

3. Practice courageous honesty.

As we become more centered, we can practice owning and articulating our own satya(truth). Whether that's saying, "I really like you," "This isn't working for me," or "I don't know," we can use this unusual landscape as an opportunity to practice being connected, brave and clear.

4. Trust.

Practicing honesty allows us to trust that everything is unfolding as it ought. Isvara pranidhana (surrender to God). To have a full understanding for the context that we are participating in, we must ride the waves-knowing that we can't see the next one coming. We can either surf or fight the undertow. So take a deep breath, feel your body and dive in.

Ultimately, the water's just fine.



Hearts will never be made practical
until they are made unbreakable.

'IT'S OVER!' 10 BREAKUP SURVIVAL TIPS TO GET YOU THROUGH IT

You just got dumped, or maybe you broke up with someone. You just want to curl up and retreat from the world.

It doesn't matter if it was a long-term relationship, a short-lived cyber affair, an unrequited love or a good friends-with-benefits arrangement. If you cared and connected, you feel a deep and painful void where there was once laughter and affection. It's like experiencing a small death.

Grieving over your lost love for a short time is understandable, but if you linger too long in the purgatory of how-it-used-to-be, your

friends will eventually get tired of hearing you talk about your ex and advise you to "Get over it."

You agree on some level. You know that you really ought to start getting on with life and move on. Every day starts with that intention. But every night ends with you wanting to call them, check out their Facebook page or look through old photos, just to feel closer to them.

Getting over it. Easy to say. Much harder to do.

And no wonder, because there's a bio-chemical reason behind the desperation and despair.

Researchers who've looked at the brains of the lovelorn say that loss, especially rejection by a romantic partner, lights up areas of the brain that are associated with addiction. This can lead to psychological reactions that cause obsessive preoccupation with your partner, feelings of frenzied desperation, guilt over what you could have done differently and even physical pain. Letting go for good seems unimaginable.

Trust me, as both a relationship therapist and a veteran of countless breakups myself, I've seen it all and I get it. What I've discovered along the way is that you need a holistic approach to getting over a breakup, one that addresses the four core areas: physical, mental, emotional and spiritual. The following are highly effective strategies from the healing section my book using each of those four core areas to get you on the road to recovery from that breakup -- fast.

PHYSICAL

1. Meditate, don't medicate. Avoid overusing drugs, alcohol, cigarettes and coffee and resist the urge to stuff down your feelings using chocolate and food. You'll only end up feeling worse about yourself. In times of stress, having a drink or eating a quart of ice cream may be tempting, but doing so will only cause you to spiral down into a depression, lose sleep and gain weight. Instead, take five minutes to sit quietly, meditate, practice yoga or deep breathing.

2. Eat healthfully and regularly. Your body can't function properly without the proper nutrition. Don't skip meals or resort to convenience food. Treat yourself as if you were your own child -- eat wholesome meals that are balanced and freshly made.

3. Get plenty of sleep. There's nothing more replenishing to your body than quality sleep. If you are having trouble going to sleep be-

cause of punishing, pain-producing thoughts, try this: Keep a journal by your bed, write down your anxieties and imagine them flowing out of you and onto the paper. Say, "I fully release you and let you go. I give myself permission to peacefully sleep."

4. Exercise your blues away. The absence of pleasure-producing endorphins after a break up can make you feel sluggish and miserable. Exercise increases your endorphins. Join a health club, take the stairs instead of the elevator, walk to work, do some yoga or take a salsa lesson. Make a promise to do something active for 30 minutes a day for 30 days, no excuses.

EMOTIONAL

5. Feel your feelings. Don't ignore or stuff them down. Let the tears flow and express your anger. Ignored emotions will only make you calloused and afraid. One way of unloading your feelings is to write out what might be too difficult to say out loud to others right now. Or better yet, start a dialogue with your broken heart, asking this part of you questions and giving it the solace and attention it needs right now.

6. Surround yourself with smiles and happy vibes. Make time for some feel good activities -- anything from having a cup of tea with a friend to taking the kids to the zoo to playing a round of golf. Be sure to surround yourself with people that will uplift you, not unhappy ones that will just drag you down. Studies have shown that laughter or just smiling has a way of lifting your mood instantly.

MENTAL

7. Stop obsessing. All those obsessive thoughts and instant replays of would of, could of, should of head trips must stop NOW. The best

way to do it is to say, "STOP!" If the thoughts won't stop, then say, "NO! STOP NOW!" If they persist, then continue, "ENOUGH! NO MORE! STOP!"

Saying "STOP!" interrupts the obsessive thought process and breaks the cycle of pain. Immediately, redirect your thoughts away to something good that is happening in your life.

8. Take a 60-second vacation. Thinking relaxing thoughts and verbalizing calming statements starts the healing process and helps you lessen anxiety. Take a deep breath and say out loud, "I am calm. I am safe and I can handle this." Anything from smelling a flower to petting an animal can help take you away for even a minute, which starts the process of feeling free.

SPIRITUAL

9. Gratitude is grounding. Have you ever noticed that it's impossible to feel grateful and depressed at the same time? Gratitude can transform pain into love and bring peace to your emotional chaos. Remind yourself of all the things you're grateful for. Better yet, write it down. This strategy works miracles for bringing you out of any gloomy mood.

10. Give to others. Studies show that the happiest people are ones who give the most to others. When you're depressed, anxious or stressed, there is a high degree of focus on the self. Focusing on the needs of others literally helps shift your thinking and your mood from victimhood to empowerment.

When you're feeling down after a breakup, you may feel like you want to avoid the very activities that will actually make you feel better -- exercise, visiting friends, being kind to those in need. As much

as you might want to, avoid isolating yourself from others. Ask for help and talk to a friend who you know is a good listener. Be kind and gentle with yourself. Don't think of this as time wasted because you aren't with that special person, but as precious time you need to reinvest in a healthier, more grounded and more spiritually enlightened you.



Love is never where you think it is, but
when u look closely u'll see true love.
Honey

QUOTES

Antipathy, dissimilarity of views, hate, contempt, can accompany true love.

J. August Strindberg

They do not love that do not show their love. The course of true love never did run smooth. Love is a familiar. Love is a devil. There is no evil angel but Love.

William Shakespeare

True love is a discipline in which each divines the secret self of the other and refuses to believe in the mere daily self.

William Butler Yeats

Love is the expansion of two natures in such fashion that each include the other, each is enriched by the other.

Felix Adler

Love has the power of making you believe what you would normally treat with the deepest suspicion.

Mirabeau

Love is like quicksand. The deeper you fall in it, the harder it is to get out.

The concept of romantic love affords a means of emotional manipulation which the male is free to exploit, since love is the only circumstance in which the female is (ideologically) pardoned for sexual activity.

Kate Millet

Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity.

Henry Van Dyke

Love, like a river, will cut a new path whenever it meets an obstacle.

Don't find love, let love find you. That's why it's called falling in love, because you don't force yourself to fall, you just fall.

Love is the shortest distance between hearts.

I can live without money, but I cannot live without love.

Judy Garland

Love is the expansion of two natures in such fashion that each include the other, each is enriched by the other.

Felix Adler

Love to faults is always blind,
Always is to joy inclined,
Lawless, winged, and unconfined,
And breaks all chains from every mind.

William Blake

Love can make you do some Cray things... but what's really crazy is not being held in your arms.

Always remember that if a person loved you once, even after a hundred years there will still be some of that love left. no matter how much that person denies it.

Sometimes, love takes us by surprise. One day you'll find someone who'll sweep you of your feet. Someone who just seem so impossible to even notice you. Someone who'll love you truly then set you free. Even so, love will take you by chance again. Making both of you two strangers in love.

I love listening to LIES
when I know the TRUTH.

Lust is what makes you keep wanting it, even when you have no desire to be with each other. Love is what makes you keep wanting to be with each other, even when you have no desire to do it.

Judith Viorst

It is impossible to repent of love. The sin of love does not exist.

Muriel Spark

Love is sentimental measles.

Charles Kingsley

I'm tired of love; I'm still more tired of rhyme; but money gives me pleasure all the time.

Hilaire Belloc

Love betters what is best
Even here below, but more in heaven above.

Wordsworth

Rafael Sabatini – "The love that is never to be realized will often remain a man's guiding ideal.

They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.
Thomas Edward Bodett

If you made a list of reasons why any couple got married, and another list of the reasons for their divorce, you'd have a lot of overlapping.
Mignon McLaughlin

I have said nothing because there is nothing I can say that would describe how I feel as perfectly as you deserve it.
Kyle Schmidt

Love is never where you think it is, but when u look closely u'll see true love.
Honey

Strength without love produces the brute. Love without strength produces the weakling.
The Shariyat-Ki-Sugmad, Bk1

Trust is the first step of love.

Looking back on everything that we had, I see happy times as well as bad. If I could go through it over again, I would and I wouldn't change one thing. Because everything that happened made me who I am today, and I wouldn't want to trade that for anything in the world.

The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along.
Maulana Jalalu'd din Rumi

Love is the flower of life, and blossoms unexpectedly and without law, and must be plucked where it is found, and enjoyed for the brief hour of its duration.
D.H.Lawrence

Love and understanding never condemn but always seek to help and encourage.
Meher Baba

A priceless moment is when the person that you have fallen in love with, looks you right in the eyes to tell you that they have fallen in love with you.

There are two times in every man's life when he is thoroughly happy; just after he has met his first love and just after he has parted from his last one.
H. L. Mencken

Love stretches your heart and makes you big inside.
Margaret Walker

You're nothing short of my everything.
Ralph Block

Love is not who you can see yourself with. It is who you can't see yourself without.

To love someone when there is no chance of that love ever thriving, that is romance.

Don't give up on love, for there's always someone who loves you, even if it's not the person you were hoping for.
If I had to tell you how much you mean,
I would never get a chance to finish.



"Love is a grave mental disease." -
Plato

FUNNY QUOTES ABOUT LOVE AND RELATIONSHIPS

"Women marry men hoping they will change. Men marry women hoping they will not. So each is inevitably disappointed." - Albert Einstein

"You can't buy love, but you can pay heavily for it." - Henny Youngman

"Nothing spoils romance so much as a sense of humour in the woman." - Oscar Wilde

"Never go to bed mad -- stay up and fight." - Phyllis Diller

"I love being married. It's so great to find one special person you want to annoy for the rest of your life." - Rita Rudner

"The heart of marriage is memories; and if the two of you happen to have the same ones and can savor your reruns, then your marriage is a gift from the gods." - Bill Cosby

"Love is only a dirty trick played on us to achieve continuation of the species." - W. Somerset Maugham, A Writer's Notebook, 1949

"Love is the thing that enables a woman to sing while she mops up the floor after her husband has walked across it in his barn boots." - Author unknown, as printed in The Hoosier Farmer

"Mumps, measles, and puppy love are terrible after twenty." - Mignon McLaughlin, *The Neurotic's Notebook*, 1960

"Love means nothing in tennis, but it's everything in life." - Author Unknown

"A man reserves his true and deepest love not for the species of woman in whose company he finds himself electrified and enkindled, but for that one in whose company he may feel tenderly drowsy." - George Jean Nathan

"A woman has got to love a bad man once or twice in her life, to be thankful for a good one" - Marjorie Kinnan Rawlings

"Women still remember the first kiss after men have forgotten the last" - Remy de Gourmont

"You can't put a price tag on love, but you can on all its accessories." - Melanie Clark

"A woman in love can't be reasonable--or she probably wouldn't be in love." - Mae West

"A man falls in love through his eyes, a woman through her ears." - Woodrow Wyatt

"Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That's relativity." - Albert Einstein

"It is impossible to love and be wise." - Francis Bacon

"The only time a woman really succeeds in changing a man is when he's a baby." - Natalie Wood

"A foolish man tells a woman to stop talking, but a wise man tells her that her mouth is extremely beautiful when her lips are closed."

"Men should be like Kleenex...soft, strong, disposable." - Cher

"The older theory was, marry an older man because they're more mature. But the new theory is men don't mature. Marry a younger one." - Rita Rudner

"Marriage has no guarantees. If that's what you're looking for, go live with a car battery." - Erma Bombeck

"A man in love is not complete until he is married. Then he is finished." - Zsa Zsa Gabor

"I was nauseous and tingly all over... I was either in love or I had smallpox." - Woody Allen

"To love is to suffer. To avoid suffering one must not love. But then one suffers from not loving. Therefore to love is to suffer, not to love is to suffer. To suffer is to suffer. To be happy is to love. To be happy then is to suffer. But suffering makes one unhappy. Therefore, to be unhappy one must love, or love to suffer, or suffer from too much happiness. I hope you're getting this down." - Woody Allen

"Behind every successful man is a woman, behind her is his wife." - Groucho Marx

"My advice to you is get married: if you find a good wife you'll be happy; if not, you'll become a philosopher." - Socrates.

"Love is temporary insanity curable by marriage." - Ambrose Bierce

"An archaeologist is best husband a woman can have: the older she gets, the more interested he is in her."
Agatha Christie.

"When I eventually met Mr Right I had no idea that his first name was Always." - Rita Rudner.

"If you've got them by the balls their hearts and minds will follow." - John Wayne.

"Men are simple things. They can survive a whole weekend with only three things: beer, boxer shorts and batteries for the remote control.." - Diana Jordan.